

CHOOSE YOUR CHALLENGE

Select a challenge level that is right for you. The following challenge levels are cumulative. For example, a participant who select the Trail Master level must complete all seven challenges.



Explorer

Discover the stories behind Lassen Volcanic's scenic meadows and lakes on an interpretive hike. Complete challenges 1 through 3.



Adventurer

Explore the powerful force that continues to shape the land at Lassen. Wander about a watershed and visit a hydrothermal area. Complete challenges 1 through 5.



Trail Master

Reach Your Peak! Uncover a hidden gem at Lassen and climb one of the park's 30 volcanic domes. Complete challenges 1 through 7.

HIT THE TRAILS

1. Select your challenge level.
2. Hike any park trail that meets the challenge specifications.
3. Record the date and a safety note for each hike completed.
4. Present your challenge log to an *Explore Safely* Ambassador to receive your award!



A **safety note** may include a step you took to prepare for your hike, a safety concern you identified and addressed, or an action you took to improve your safety while hiking.

CHALLENGE LOG

	Challenge	Date	Safety Notes
Explorer	1: Take an Interpretive Hike Learn more about Lassen on the Lily Pond Nature Trail, Devastated Interpretive Trail, Cinder Cone Trail or join a ranger-led hike.		
	2: Explore a Meadow Spot wildflowers and wildlife on a trail to any one of the parks many meadows. Lassen has a new meadow this year - explore Spencer Meadow from the Kings Creek Picnic Area.		
	3: Loop around a Lake Enjoy a stroll around one of Lassen's lake loop trails including Manzanita Lake and Summit Lake among many others.		
Adventurer	4: Walk about a Watershed Lassen Volcanic is home to four watersheds! Wander about any water source in the park ranging from Mill Creek Falls to Paradise Meadows.		
	5: Hike to a Hydrothermal Area Explore one of the Lassen's eight hydrothermal areas. Stop for a sight at Sulphur Works before choosing one of the park's hydrothermal area trails.		
Trail Master	6: Discover a Hidden Gem Sometimes the lesser known spots are the best! Take the opportunity to explore a new, lesser known spot such as Inspiration Point, Cliff Lake or Widow Lake.		
	7: Climb a Volcano Did you know Lassen is home to more than 30 volcanic domes? It's time to climb one of them! Go big with Lassen Peak or Brokeoff Volcano or take a milder climb on Mt. Harkness or Cinder Cone.		

TAKE THE CHALLENGE

Celebrate Lassen's new *Explore Safely* campaign on over 150 miles of trails this Labor Day weekend. *Explore Safely* encourages preparedness, awareness of risk, and safe outdoor adventure!

To participate in the Explore Safely Trail Challenge, complete each of the hikes at the challenge level that is best for you. For each hike, note the date completed and list at least one safety note. Once you have completed your challenges, share your challenge log with a park ranger or volunteer. Be prepared to share and explain your safety notes to earn your certificate and bandana. Your challenges and challenge log must be completed between Saturday, September 1 and Monday, September 3.

SPECIAL EVENTS

Bear Necessities

Sat 9/1 & Mon 9/3 · 11 a.m. · KYVC patio

Sun 9/2 · 10 a.m. · Outside Loomis Museum

Learn about black bears and how you can help them stay wild in Lassen Volcanic.

When Thunder Roars

Sat 9/1 & Sun 9/2 · 4 p.m. · Loomis Museum

Increase your knowledge of the nation's deadliest weather phenomena - lightning.

Backpacking 101

Sat 9/1 & Mon 9/3 · 1 p.m. · KYVC patio

Sun 9/2 · 1 p.m. · Outside Loomis Museum

Do you love hiking? Would like to try backpacking? Learn about how to get started with gear, safety advice, and other backpacking basics.

Reach the Peak

Sun 9/2 · 11 a.m. · Lassen Peak summit

Mon 9/3 · 10 a.m. · Lassen Peak parking area

Explore the many challenges faced by hikers of the Lassen Peak trail and its dedicated trail crew.

PREPAREDNESS CHECKLIST

Safety is Your Responsibility

A few suggestions to help you stay safe:

- Bring water and extra food
- Wear sturdy boots
- Bring a flashlight or headlamp
- Use sunscreen
- Carry extra layers for warmth
- Take breaks often
- Tell someone where you are going and when you will return
- Check the weather forecast on-line or at the visitor centers
- Finish your hike before dark



EXPLORE SAFELY AMBASSADORS

Keep an eye out for park staff and volunteers bearing the *Explore Safely* logo for challenge assistance, special events, and challenge completion awards.

LASSEN VOLCANIC EXPLORE SAFELY TRAIL CHALLENGE SEPTEMBER 1 - 3

